

# SAFETY BULLETIN

## SUMMER DRIVING

June 2008

Did you know that most vehicle accidents occur during the weekend, and during holiday weekends when so many people travel, the chances of an accident increases. A report that ranks cities in the U.S. with populations of more than 100,000 revealed that the average driver in the country will experience an auto crash every ten years.

**Some facts that may help you think about your driving habits are as follows:**

### What day is it?

More crashes occur on Saturdays than any other day of the week. Friday ranked second, and Thursday came in third. Collisions are least likely to occur on Sundays.

### What time is it?

Collisions are most likely to happen between 3:00 and 6:00 p.m. From 6:00 and 9:00 p.m. ranked second and 9:00 p.m. to midnight ranked third. The fewest crashes occur between midnight and 3:00 a.m.—most likely since there are fewer drivers on the road.

### Signs mean something.



Traffic signs are here to help us. Yield, stop and school zone speed limits are meant to be followed—not ignored.



### Respect sirens!



Pull over to the side of the road when you see emergency vehicles—you never know you may be the one in the back of that ambulance some day.



### YELLOW really does mean caution.

Slow down—don't speed up—when approaching a yellow light.

### Speeding gets you nowhere fast.

Exceeding the speed limit won't get you to your destination any faster. The few minutes you save speeding will quickly be lost anyway, when you're sitting at the next red light.



While vehicle accidents are most likely to occur on certain days of the week, there are also common factors in why those accidents happen—no matter what day of the week. One of the most common is fatigue. After a weekend of holiday fun, including camping, barbecues and family gatherings, you are likely to feel tired. Feeling tired causes you to become easily distracted and also slows your reflexes. Don't take chances driving when you feel too tired to be safe.

Take your time, stop frequently, and share the driving time with someone else. Traveling long distances and busy roadways can also lead to aggressive driving. Other drivers may become impatient and aggressive while trying to reach their destination. You can avoid becoming a victim of an aggressive driver by following these few tips:

- Allow enough time for the trip—it'll ease the risk of stress.
- Don't cut off another driver, use your turn signal to indicate your intentions.
- Move over and let faster drivers pass you if you are in the left lane.
- Do not tailgate; allow at least a three-second space between your car and the car ahead.
- Give aggressive drivers room—steer clear of them.
- Do not give in to the challenges of an aggressive driver or allow yourself to become one.

**PROMOTE SAFE DRIVING HABITS  
DURING WORK & OUT OF WORK**

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